



## A Fast Way to 5 A Day

Eating fast food doesn't have to be unhealthy. Be creative and you can get fruits and vegetables just about anywhere you eat. Here are some ideas:

In any restaurant:



--Ask for extra lettuce, tomato and onion on your burger



--Order a side salad instead of French fries



--Order 100% vegetable or fruit juice like orange juice (not Hi-c) instead of soda

Here are some examples from popular fast food restaurants:



**Burger King and McDonalds** offers garden salads and chicken garden salads. Burger King just introduced a veggie burger—an easy way to get a serving. They both also offer 100% orange juice throughout the day.



**Wendy's:** more inventive salads and more variety. Wendy's also offers baked potatoes.



**Taco Bell:** has a veggie fajita and a taco salad. Restaurants serving breakfast also have 100% orange juice available.



**Subway:** Veggie deluxe sandwich or several different salads. You can add a serving to any sandwich by adding lots of colorful veggies. Extra veggies are free.



**Boston Market:** Offers Cesar and garden salads as entrees or sides. Several sides help to add a serving...steamed veggies, new potatoes, zucchini marinara, creamed spinach, butternut squash, and fruit salad.



**Bruegger's:** Offers veggie sandwiches (or once again ask for extra veggies on any sandwich) and vegetable soups such as minestrone.



**Pizza (Pizza Hut, Dominos, Papa John's or your favorite):** Most pizza places offer salads or add veggie toppings to your pizza. To make that  $\frac{1}{2}$  cup cooked serving you need to order at least two veggie toppings to be on the safe side.



Developed by Tracey Teuber